US HARBORS www.USHarbors.com

Poughkeepsie, NY - Aug 1754

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:18	3.2	11:35	3.8	5:30	0.1	5:38	0.2	4:53	7:17	
2	Fri			12:03	3.3	6:16	0.0	6:25	0.2	4:54	7:16	
3	Sat	12:17	3.8	12:45	3.3	7:00	0.0	7:10	0.3	4:55	7:15	
4	Sun	12:58	3.7	1:27	3.3	7:41	0.0	7:52	0.3	4:56	7:14	
5	Mon	1:38	3.6	2:09	3.3	8:18	0.0	8:32	0.4	4:57	7:13	
6	Tue	2:19	3.5	2:52	3.2	8:54	0.1	9:10	0.5	4:58	7:11	
7	Wed	3:01	3.3	3:34	3.2	9:27	0.3	9:48	0.7	4:59	7:10	
8	Thu	3:43	3.1	4:16	3.1	9:59	0.4	10:29	0.8	5:00	7:09	
9	Fri	4:27	3.0	4:55	3.1	10:32	0.5	11:19	0.9	5:01	7:08	
10	Sat	5:10	2.9	5:33	3.1	11:10	0.7			5:02	7:06	
11	Sun	5:54	2.8	6:13	3.2	12:23	1.0	12:04	0.8	5:03	7:05	
12	Mon	6:42	2.7	7:00	3.2	1:28	1.0	1:10	0.8	5:04	7:04	
13	Tue	7:40	2.7	7:57	3.4	2:28	0.8	2:14	0.7	5:05	7:02	
14	Wed	8:46	2.8	9:01	3.5	3:22	0.6	3:13	0.5	5:06	7:01	
15	Thu	9:47	3.0	10:00	3.8	4:13	0.4	4:08	0.3	5:07	6:59	
16	Fri	10:39	3.3	10:51	4.0	5:02	0.1	5:01	0.1	5:08	6:58	
17	Sat	11:27	3.6	11:39	4.1	5:51	-0.1	5:55	-0.1	5:09	6:56	
18	Sun			12:15	3.8	6:39	-0.3	6:49	-0.2	5:10	6:55	
19	Mon	12:28	4.2	1:05	3.9	7:27	-0.5	7:41	-0.3	5:11	6:53	
20	Tue	1:18	4.1	1:57	4.0	8:14	-0.5	8:32	-0.3	5:12	6:52	
21	Wed	2:12	4.0	2:53	4.0	9:00	-0.5	9:24	-0.2	5:13	6:50	
22	Thu	3:10	3.8	3:51	4.0	9:48	-0.3	10:19	0.0	5:14	6:49	
23	Fri	4:11	3.6	4:50	3.9	10:41	-0.1	11:20	0.2	5:15	6:47	
24	Sat	5:11	3.4	5:47	3.8	11:41	0.1			5:17	6:46	
25	Sun	6:10	3.3	6:43	3.7	12:27	0.4	12:45	0.3	5:18	6:44	
26	Mon	7:09	3.1	7:42	3.6	1:33	0.4	1:48	0.4	5:19	6:43	
27	Tue	8:12	3.1	8:43	3.6	2:34	0.4	2:47	0.5	5:20	6:41	
28	Wed	9:15	3.1	9:40	3.6	3:29	0.4	3:41	0.5	5:21	6:39	
29	Thu	10:10	3.2	10:30	3.6	4:19	0.3	4:31	0.4	5:22	6:38	
30	Fri	10:58	3.3	11:14	3.7	5:05	0.2	5:18	0.4	5:23	6:36	
31	Sat	11:39	3.4	11:54	3.7	5:49	0.2	6:03	0.3	5:24	6:35	